



Baccalieu Collegiate – Professional Learning Day Agenda

 **Date:** Friday, May 16, 2025
 **Location:** Baccalieu Collegiate

9:45 AM – 10:00 AM

Welcome & Opening Remarks

- Overview of the day's purpose: *Building capacity to support student well-being and resilience*
 - Introductions of guest presenters: **Bailey Reid** and **Paula Delahunty**
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10:00 AM – 12:00 PM

Session 1: Understanding and Responding to Student Substance Use Behaviors

Facilitator: *Bailey Reid*

Session Description:

This session focuses on building educator capacity to recognize and respond to student substance use through a trauma-informed, compassionate, and effective lens. Educators will explore:

- Early warning signs of substance use
- Strategies for trauma-informed intervention
- Tools for effective classroom communication
- When and how to seek additional supports

Also Included:

A segment on **Mental Health and the Stress Response**, highlighting the mind-body connection and how the nervous system responds to stress through fight, flight, freeze, and fawn patterns. Educators will:

- Understand how chronic stress impacts mental health
- Learn practical self-regulation strategies
- Gain tools to foster grounding, safety, and connection in students and themselves

Intended Outcomes:

- Deeper understanding of student substance use and the stress response
 - Enhanced classroom management and relational strategies
 - Improved ability to support mental wellness and access timely support pathways
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12:00 PM – 1:00 PM

Lunch Break

Staff are encouraged to use this time for personal wellness and collegial connection.

1:00 PM – 3:00 PM

Session 2: Supporting Students with Substance Use Concerns – A Trauma-Informed Approach

Facilitator: *Paula Delahunty*

Session Description:

This two-hour session is designed to help educators better understand and respond to students who may be struggling with substance use or addiction. Through a trauma-informed lens, participants will explore how substance use manifests in the classroom, accompanying behaviours, and how to respond effectively, compassionately, and safely.

Session Objectives:

- Deepen understanding of the root causes and impacts of student substance use
- Recognize how substance use behaviours may present in school settings
- Practice trauma-informed responses that prioritize student safety and dignity

- Explore practical tools for classroom management and student engagement
- Learn when and how to access additional school and community supports

Intended Outcomes:

- Greater confidence in identifying and addressing substance use concerns
 - Empathetic and professional approaches to intervention
 - Increased awareness of support pathways and collaborative responses
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3:00 PM – 3:15 PM

Closing Circle & Reflections

- Reflective Prompt: *“One key insight I’m taking with me today...”*
- Completion of exit ticket or feedback form (paper or digital)
- Expressions of appreciation for presenters and staff participation